

# Break My Stride

**COPPER** **KNOB**  
BY STEPHEN

**Count:** 32

**Wall:** 2

**Level:** Absolute Beginner

**Choreographer:** Trude Dalene (NOR) - October 2024

**Music:** Break My Stride - Bluelagoon



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**Start dance after the drums kick in, after the lyric : and you said...**

## **WALK FWD R,L,R,L, POINT OUT R, L**

1-4. Walk fwd R,L,R,L

5-8. Point out R, Step R beside L, Point out L, Step L beside R

## **WALK BACK R,L,R,L, POINT OUT R, L**

1-4. Walk back R,L,R,L

5-8. Point out R, Step R beside L, Point out L, Step L beside R

## **VINE RIGHT, ROLLING VINE LEFT**

1-4. Step R, Cross L behind, Step R, Touch L beside R

5-8. Step L 1/4 to left, Step 1/2 turn left by stepping R back, Step L 1/4 to left side, Touch R beside L

## **V- STEP, PADDLE 1/2 TURN LEFT**

1-4. Step R diagonally fwd, Step L diagonally fwd, Step R back in place, Step Left beside R

5-8. Point out R 1/8 turn left, do this 3 more times so it's complete a 1/2 turn left.

**Start Again**

**NO TAGS - NO RESTART**

**Feel free to change the Rolling Vine to ordinary Vine for easier option.**

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